



Glennie Daniels, Extension Agent
Family and Consumer Sciences
North Carolina Cooperative Extension-Catawba Center
828-465-8243
glennie_daniels@ncsu.edu

Take Charge of Your Diabetes

North Carolina Cooperative Extension-Catawba Center and The Center for Diabetes Control will offer an educational program to help adults deal with type 2 diabetes. *Take Charge of Your Diabetes* will help participants learn how to control their blood sugar, to feel better, and to reduce risk of health complications. *Take Charge of Your Diabetes* will be presented by a team of qualified educators and health professionals and will include a personal consultation with a registered dietitian. Participants will receive recipes for tasty, healthy foods. Sessions will be held on the second Tuesday of each month beginning September 9 at 6:00pm at the Agricultural Resources Center, 1175 South Brady Avenue in Newton.

If you have been diagnosed with type 2 diabetes, are at least 21 years old, and are interested in attending this program, call the Cooperative Extension office at 828-465-8250 to reserve a seat. You are welcome to bring a friend or family member with you.